

#Couch2Duathlon

WTC Tramore Duathlon Training Plan

Beginner Plan Week 5

Week starting Monday the 31st of Jan

Monday	Rest
Tuesday	Bike for 30 minutes at your new effort
Wednesday	Run for 4 minutes' walk for 1 minutes repeat for 30 mins
Thursday	Bike for 30 minutes
Friday	Rest
Saturday	Bike for 90 minutes
Sunday	Walk for 45 minutes run a little if you are feeling good.

